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PRACTICAL HINTS
ON THE
CONSTRUCTION AND ECONOMY
OF
Pauper Lunatic Asylums;

INCLUDING INSTRUCTIONS TO THE ARCHITECTS WHO OFFERED
PLANS FOR THE

WAKEFIELD ASYLUM,

AND A SKETCH OF THE MOST APPROVED DESIGN.

By SAMUEL TUKE.

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TO THE VISITING MAGISTRATES

OF THE

West-Riding

PAUPER LUNATIC ASYLUM,

THE FOLLOWING

"PRACTICAL HINTS"

INTENDED TO EXHIBIT THE RATIONALE,

OF THE INSTRUCTIONS,

DRAWN UP BY THEIR DESIRE,

FOR THE ARCHITECTS WHO PREPARED DESIGNS,

FOR THE

WAKEFIELD ASYLUm,

ARE MOST RESPECTFULLY INSCRIBED.

BY

THE AUTHOR.

STATEMENT OF DEBTORS AND CREDITORS

ART. 10

PROVIDED

THAT THE DEBTORS AND CREDITORS

SHALL BE AS FOLLOWS:

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PREFACE.

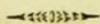
THE Author of the following Hints is aware, that the publication of them, may expose him to the charge of interfering with a profession, to which he does not belong. He wishes it therefore to be understood, that his object is to state, *what* is desirable, rather than *how* it is to be obtained. He has, however, ventured to offer his opinion, on that general form and arrangement of buildings, which, from the opportunity he has had of comparative observation, in several houses for the insane, appear to him best calculated to provide, for the complicated wants of this unfortunate class of society.

The construction of *Lunatic Asylums* has, till of late years, occupied but little attention, either public or private; and has displayed, if possible, still less ingenuity. The imperfection of these structures is not, however, altogether chargeable on the architectural profession.— One reason for their defects may be found in the rarity of such erections, which excited but little stimulus, and led few, if any, to study the wants of their inhabitants.

Besides, it is the business of the architect to provide what is likely to be used; and it would have been a waste of talent to have devised the means for that discrimination, which was not employed in actual treatment.

The public are greatly indebted to the visiting magistrates of the proposed Wakefield Asylum, for the attention and competition excited by their widely diffused invitation for plans, and the liberal premiums offered for three of the most approved. The talent displayed in many of the numerous designs, which were, in consequence, presented by Architects from every part of the kingdom, and the practical inquiry into the actual wants of Asylums, evinced in several of their descriptions, proves the readiness of the profession to second the enlightened views of the present time, in regard to the treatment of the insane.

One member of this profession*, now beyond the reach of praise, deserves peculiar and honourable mention, as having, several years ago, in an Essay "On the construction of Hospitals for the cure of mental



* W. Stark of Glasgow.

"Derangement," presented to the committee of the Glasgow Asylum, exhibited more just and enlightened views of the proper internal arrangements, as well as construction of these abodes, than any previous writer on the subject.

Happily, from a great variety of concurring efforts and circumstances, an important change has taken place in the general sentiments, with regard to the attentions and accommodations due to deranged persons. The diminution of trouble on the part of the attendant, is no longer the only object contemplated. It is now admitted, that the man who labours under a partial derangement of intellect, which, though it unfits him for general society, leaves him capable of much rational enjoyment, should not be condemned to promiscuous intercourse with the worst patients, and to those privations to which they are subjected.

Chains, which seemed to identify the madman and the felon, are discarded from some of the largest establishments; and maniacs, who for many years were manacled with irons, are on a sudden, under a more mild and vigilant system of management, found to be

gentle and inoffensive. But though much has been done—much still remains to be effected. There are still Asylums which stand in need of reform ; and in few, if any, from the ill arrangement of the buildings, can improvement be carried to the degree that would otherwise be practicable. At a time, therefore, when so many Asylums are erecting, it seems incumbent on those, whose duty or inclination leads them to observe the wants of insane persons, and the defects of the older erections, to point them out for general consideration. The inclination of the writer of the following “ Hints,” has for several years led him to devote much of his leisure, to obtain information on these subjects ; and, with that view, to spend no inconsiderable portion of time in receptacles for the insane.

The result of his observations on the points to which they refer, are here offered to the public, in the fervent hope that they will contribute, in some degree, to the stock of information in this department ; and that their imperfection may provoke a more regular and extensive Essay, on a subject most intimately connected with the cure and comfort of our deranged fellow-creatures.

PRACTICAL HINTS, &c.



IT has been well observed, that in the arrangement of a building, for a considerable number of insane persons, it is necessary “to reduce to practice, some principles which, at first sight, appear irreconcilable: a system of arrangement of a very minute and apparently complicated kind, united to great ease and simplicity of management; a superintendence unusually active and efficient, which follows and watches every motion of the patient, while it insures to him a more than ordinary degree of individual liberty, of exemption from restraint and bondage, of personal security, of ease, comfort, and enjoyment.”

It does not require much acquaintance with the character of lunatics, to perceive in how great a degree, the prevention of abuses, and the compatibility of comfort with security, must depend on the construction of their abodes.

In most of the older erections of this kind, *security* appears to have been the only object contemplated. This reflection must frequently have forced itself upon those, who have visited the common receptacles of lunacy, in this country ; “ those cheerless, dismal dwellings, in the contrivance of which nothing seems to have been considered, but how to enclose the victim of insanity in a cell, and to cover his misery from the light of day ; and where, in his lucid moments, he is exposed to circumstances of such horror, that his recovery, when such an event takes place, may be justly regarded as almost miraculous.”—“ Even in establishments which have been erected with much more humane and liberal views, not only as to what respects the cure, but the immediate enjoyments of the patient, defects of arrangement may be pointed out, which tend to counteract these purposes, and are productive of evils to which no management can oppose any adequate remedy.”

Primary objects in the
Construction of Asylums.

The defects in the construction of Asylums which I have had opportunity to observe, have defeated one or other of the following objects ;

which appear to be of primary importance to the welfare and comfort of lunatics.

1st, The complete separation of male and female patients.

2nd, The separation of patients in proper numbers, and in distinct apartments, according to the state of their minds.

3rd, A system of easy and constant superintendence over the patients, by their attendants, and over both, by their superior officers.

4th, That the accommodation for the patients should be cheerful, and afford as much opportunity for voluntary change of place and variety of scene, as is compatible with security.

Under each of these heads I shall offer a few observations.

I. OF THE SEPARATION OF MALE AND FEMALE PATIENTS.

The importance of a complete separation of male and female patients, is universally admitted; but it does not appear to have been attained in the degree which is desirable and practicable even in the best modern Asylums. It is desirable not only that their rooms and

courts should be entirely distinct, but that they should not have the opportunity of seeing each other, from any part of their respective apartments or courts. In the York Asylum, it was
Inconveniences from inspection of expansion of scan. lately found necessary to board up part of a gallery window, through which some men patients overlooked a court appropriated to women. Similar inconveniences have been found in the Retreat, near York, and also I am informed, in the Asylum at Nottingham, from inattention to this point, in the arrangement of the buildings.

Occasional intercourse not injurious. I would not however be understood to imply, that the intercourse of male and female patients, is, on all occasions, and in all instances, to be avoided; on the contrary, where the judgment and moral feelings, are in great measure restored, benefit appears to arise from their occasionally meeting together. It is far indeed from occurring, in all instances of insanity, that the passions are strong, and the moral feelings obliterated; and no disadvantage has been found, at the Retreat, from a majority of the patients being assembled in the same room, for the purposes of resting or devotion,

2. OF THE SEPARATION OF PATIENTS, ACCORDING
TO THEIR STATES OF MIND.

The next object, *the classification of patients*, deserves peculiar attention. Our opinions of the propriety of any arrangement of buildings, must, in great measure, depend on the view we take of this subject. It is a subject on which different opinions have been entertained; and it must be allowed to be one of considerable difficulty.

The practice of herding large numbers of insane persons in one apartment, has been gravely and authoritatively supported; and we have been required to believe, that scenes of turbulence and confusion, were favourable to the restoration of calmness and reason. It is urged that the great variety of such a scene, furnishes amusement to the patient, calls his attention from himself, and is thereby beneficial to him. Every thing which I have met with, of the nature of argument in favour of large associations, is included in this short sentence—and if it were as true as it is short, it would still be necessary to inquire whether the benefits thus

Argument in
favour of large
associations of
patients.

derived, could not be obtained by other means, or whether the evils of the plan are not much greater than its advantages.

Comparative comfort of large and small associations.

During the last year, I had frequent occasion to visit two Institutions for the insane, in which very opposite plans, in this respect, were adopted. In one, I frequently found upwards of thirty patients in a single apartment; in the other, the number in each room, rarely, if ever, exceeded ten.—Here, I generally found several of the patients engaged in some useful or amusing employment. Every class seemed to form a little family; they observed each other's eccentricities with amusement or pity; they were interested in each other's welfare, and contracted attachments or aversions. In the large society, the difference of character was very striking. I could perceive no attachments, and very little observation of one another. In the midst of society, every one seemed in solitude; conversation or amusement was rarely to be observed—employment never. Each individual appeared to be pursuing his own busy cogitations; pacing with restless step from one end of the enclosure to the other, or lolling in slothful apathy upon

the benches. It was evident that society could not exist in such a crowd. I conceive therefore, that the theory, however plausible at first sight, in favour of large associations of patients, is unfounded. If it were not so, the evils which it produces, might easily be shown to exceed every advantage, which its most sanguine promoters could represent.

If it is important, in a curative point of view, to notice carefully the oscillations in each patient's disease, it is obvious that this attention cannot be so well obtained, when they are visited *en masse*, as when they are separated into smaller divisions, and ranged into suitable classes. Nor is this the only evil of the plan. The attempt to introduce any thing approaching to domestic comfort, is altogether futile; and it becomes necessary for the attendant to rule with an iron hand, to keep in order such a formidable body of miscontents. Experience has confirmed this reasoning, by showing that the number of cures is greater, in Institutions where an opposite plan is adopted [®].

Attendance of
small companies in regard
to cure and
comfort.

* When all the evils of large associations are considered, it is not, perhaps, too much to attribute to it in degree, the small proportion of cures in some of our large establishments.

Individual se-
paration of pa-
tients not desir-
able.

Some persons have gone into the opposite extreme to that which we have now been considering; and have recommended the separation of each individual instance of disease. That there are many instances, in which insane persons are not suitable for the society of others, or in which the society of others is not suitable for them, must be admitted; but, *generally speaking*, from what I have seen of patients

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Of 100 violent, and the same number of melancholic cases, Haslam tells us, there were discharged well from Bethlem Hospital, of the former 62, of the latter only 27. This is the proportion where the disorder is of recent date; but of 73 patients who had been ill more than twelve months, and who had been admitted in the course of twenty years, only one has been discharged cured; and we are further informed by the same author, that "the patient, who was a woman, has since relapsed twice, and was ultimately sent from the hospital uncured."

Of thirty violent cases admitted into the Retreat, twenty-two have been discharged so much improved, as not to require further confinement; and of the same number of melancholic cases, twenty-one have been so discharged.

Out of eighty-two cases of more than twelve months standing, twenty-two have been restored to their friends, so much improved as not to require further confinement.

in private families, who were nearly confined to the society of one attendant, I incline to think, that the probability of recovery is greater, where a moderate number of patients associate together. The monotony of existing with a single person, and that person one who exercises authority over us, is only less miserable than the most promiscuous intercourse.

If, however, individual separation was more desirable than it appears to be, it could hardly be introduced into a Pauper Lunatic Asylum; and it is therefore our business to inquire, what degree of separation of patients is desirable and practicable, in these large public receptacles. The division of patients into proper classes, is not so easy as may at first sight appear. It will be found necessary to separate them, rather according to the degree, than the species or the duration of the disease.

The melancholy cases, form one of the greatest obstacles to a perfect classification; and, I confess, I am not able to propose a practicable arrangement, in which the comforts of one class, are not, in degree, sacrificed to the wants and comforts of another. The following

Classification
of Patients in
Pauper Asyl-
ums.

division, into three principal classes, appears easy and liable to the fewest objections.

State of Class
—
1st class. Those who are disposed to incoherent laughing and singing; and generally, all those who are capable of very little rational enjoyment.

2nd class. To consist of those who are capable of a considerable degree of rational enjoyment. In this class, most of the melancholics and hypochondriacs will be included. Several of this class will be able to assist in the house, or be engaged in some useful labour.

3rd class. The convalescents, and those patients whose derangement leaves them fully capable of common enjoyment. A few of the best melancholics should also be admitted into this class.

Number of Patients in each class.
In regard to the number of patients who may be allowed to form one class, or to occupy one room, I incline to think the number ought in no case to exceed fifteen. It cannot however be fixed, the number in each room must depend on the proportion of the different classes. Out of forty patients, it is probable that twelve would be suitable for the first class; eighteen

for the second; (but of this number, several would be employed in the house, garden, or work-room) and eight in the third class. The remaining two patients, I calculate to be, on an average, in so violent a state, as to require individual seclusion.

For the first and second classes, distinct airing courts and galleries, as well as day rooms, should be provided; but as the third class are supposed to have more individual liberty, the gallery might perhaps be dispensed with. They should however have a distinct airing court, which may be cultivated as a garden; and their room may be fitted up in a common way adapted to their habits of life.

Necessary accomodation
for several classes.

In addition to the above accommodation for forty patients, it is desirable to provide three rooms for the occasional seclusion, during the day, of such as are extremely noisy or violent. These rooms may also be used as bed-rooms, and it is desirable that they should not be distinct from the building, but, so constructed, as to prevent, in the greatest practicable degree, the passage of sound.

Providing for
violent patients.

The worst patients require most attention, and are most likely to irritate their attendants. A distinct or very remote building, exposes them to all the evils of neglect and abuse; and there is, generally speaking, more to fear *for* them, than *from* them. The evil of *noise* is not so great as those of *filth, starvation, and cruelty*. I have no doubt, however, that it is possible so to construct rooms as to avoid the annoyance of the *noisy*, and the injury of the *few*.

It may not be improper here to observe, that in the use of solitary confinement, as well as of all other means of restraint, it is of great importance not to continue it longer than is absolutely requisite. If this is not attended to, many patients will become indifferent, even to considerable privations; that sense of honour and love of liberty, which, when judiciously appealed to, have so powerful an influence in promoting self-government, will be weakened if not extinguished; and degradation of character, with a state of general insensibility, ensues, to which the common observer, and the idle and ignorant attendant, often give the appellation of—comfortable. Visitors to Lunatic

Asylums should be on their guard, not to be deceived by the common phraseology of these places.

It has been thought by some, that patients of different classes, or that at least two divisions of the same class, might mix in the same court. To the union of the two divisions of convalescents in one court, there is perhaps not much objection; but any further admixture, appears to be attended with considerable evils. When patients who occupy different apartments unite in one court, they must either have free access to each other's apartments, or, whilst those in one are taking exercise, the rest must be shut up. In the former case, the patients belonging to one room, will frequently wish to accompany those of another; the attendants will have much trouble in separating their respective patients, and frequent occasions of irritation will be the consequence.

The practicability of introducing proper classification depends on the arrangement, as well as on the number of the day-rooms. It is to be observed, that insanity is not generally a uniform disease—that the high, low, and moderate

Master of
classes in these
cases.

Arrangement
of the day-
rooms?

forms of it, are stages through which many patients are continually passing. In an establishment which receives incurables, there will certainly be no inconsiderable number, who for months, and even years, pursue one uniform tenor; but it must be remembered, that one fluctuating patient will disturb the comfort of a whole society; and, therefore, if patients are to be arranged according to their states of mind, it is necessary to provide the means of easy transmission from one class to another.

The want of this provision, is the chief cause why classification has hitherto been so imperfectly obtained; and, I regret to say, that I have not seen any Asylum, in which facility of interchange has been sufficiently considered. That at Glasgow, designed by the ingenious architect, whose remarks on the construction of Lunatic Hospitals, did so much honour to his intelligence and humanity, appears to me, after attentive consideration, and much practical inquiry, very defective in this point. It was proposed, that the patients in that Institution should be divided, as respects disease, into four classes; to each of which, a distinct day-room,

Dependence of
easy trans-
mission from
one class to
another.

Classification
of Glasgow
Asylum

set of sleeping-rooms, and nurse, were to be appropriated. The two worst classes were to be accommodated on the ground floor. The consequence would be, that a patient may have, in the course of a single week, to change his day-room, night-room, and nurse. Much trouble would attend so entire a change; and experience has proved the justice of the maxim, that, "what is done with difficulty will not be done often." I am assured too by the managers of the Retreat, that such frequent and entire changes, if they could be accomplished, would not be desirable. It often happens, that a patient, during his less rational periods, becomes attached to the person who has attended him with care, and is unwilling to be separated from him. The attendant also has become acquainted with the patient's peculiarities, and has perhaps obtained a happy influence over his mind; an influence which is of eminent service in frequently preventing the access of his complaint.

The Asylum at Glasgow is, I am informed, nearly a copy of the excellent prison at Ipswich, built under the direction of the benevolent

Institution
of the Glasgow
pauper

Association
for the classifi-
cation of pa-
uper lunatics

Howard, and it appears to me, that W. Stark did not sufficiently consider the different character of the objects of the two establishments. A person who enters a prison charged with misdemeanour, belongs to the same class until his trial, and, if convicted, remains in another until his final removal. It is obvious, therefore, that the arrangement for the classification of prisoners, must be essentially different from that for the classification of lunatics, in which facility of interchange has been stated to be the great object to be accomplished. Another point of importance in the arrangement of the day-rooms of an Asylum, is, that they should be so placed, as constantly to present to the patient, the strongest incentives to orderly conduct.

Number and
arrangement of day-
rooms for 40
patients.

The preceding plan of classification would probably be best carried into effect by the provision of three day-rooms, contiguous to, or very near each other; the central one might be occupied by the principal attendant and the best class of patients: it should overlook the rooms on each side, and also the courts. This room might be furnished in a common manner

adapted to the usual habits of the occupiers. The meals might also be served up as at a common table, and such patients as were unfit to sit down at it, might be supplied from it in their several apartments. By the arrangement of rooms now proposed, the members of each class would vary with the states of mind of each individual who composed it; the ease and certainty with which the consequences of their conduct would follow, would present a constant stimulus to self restraint and orderly behaviour; and most of the difficulties of proper classification would be avoided. Another considerable advantage which appears to arise from this plan of arrangement is, that it provides for the most economical system of management. One respectable attendant with an assistant, might have the care of the three rooms; and being under his constant eye, he might safely avail himself to a great extent, of the aid of convalescent patients,

3. ON THE EASY AND CONSTANT SUPERINTENDENCE OF THE PATIENTS AND INFERIOR OFFICERS.

The means of easy inspection of the patients by their immediate overseers, and of both by

Dangers of old Asylums is referred to the oversight of patients.

the superintendents, is a point of the greatest importance, and one in which most of the old Asylums are particularly defective. In some, it has been the practice to lock up a number of patients together in a room or court, without any overseer, excepting during meals; and there are instances in which even this care has not been taken, but the food has been brought into the patient's apartments, and they have been left to eat it alone; the strong often devouring the portion intended for the weaker patients. In other establishments, where the patients have been under the regular observation of an attendant, they have been so situated, as to be rarely observed by the superior officers.

Danger of leaving patients entirely to the inferior attendants.

There is, I apprehend, more danger of patients suffering from being under the uncontrolled authority of an inferior servant, than from each other, when shut up in the most indiscriminate multitudes. A perpetual desire to lessen personal exertion, exists on the part of the servants in these establishments; and those who have not *almost lived* in an Asylum, can but faintly conceive the temptations to

neglect, oppression, and cruelty, which continually present themselves to those who have the care of insane persons; or the difficulty of suppressing that natural feeling of resentment, which rises in the mind, on witnessing the mixture of mischievous folly and good sense, which often marks the character of the insane. The business of an attendant, requires him to counteract some of the strongest principles of our common nature. It is not therefore surprising, that instances of abuse and neglect should so frequently occur: it would indeed be surprising, if, without the most vigilant inspection, the instances were more rare. To know that a man is mad, may seem a sufficient reason for judging charitably of his actions; yet I have rarely, if ever, met with any attendant, however humane or well informed, who did not, in a greater or less degree, err in this respect. It is evident, that the only security for good conduct on the part of attendants, is most frequent inspection. Nor should these remarks be confined to the inferior class, or those who have the immediate care of the patients: recent circumstances, in the con-

Inspection, the
only security
for the attend-
ants' good con-
duct.

duct even of medical officers, in some of these Institutions, prove that education and talent, are but imperfect securities against the seductions of interest and indolence.

The regulations of an Asylum should establish a species of *espionage*, terminating in the public: this cannot be effected in an ill constructed building. One servant and one officer should be so placed as to watch over another. All should be vigilantly observed by well-selected and interested visitors; and these should be stimulated to attention, by the greatest facilities being afforded to persons who, from motives of rational, not idle, curiosity, are desirous of inspecting such establishments.

The appointment of visitors in the York Lunatic Asylum, has afforded me an opportunity of accurately observing, the general effects of visitation on deranged persons, who had not previously been subjected to it; and I have no hesitation in declaring, that it has materially promoted the comfort of the patients, many of whom have become acquainted with the visitors, and express great pleasure on seeing them enter their apartments.

One instance, however, of the evils of visitation, which came under my notice in this Institution, I must here mention:—At the time of the appointment of visitors, there was an old incurable female patient, who was liable to paroxysms of fury on slight occasions. The sight of new faces, and particularly of men, generally excited her, and led to the most horrid exhibition of oaths and imprecations. The visitors proposed her removal on these occasions to a distinct room, where she should be left for a time in solitude. The plan was at length adopted. In the short space of a fortnight, she acquired a considerable degree of self-government, and, in the course of a month, I had the pleasure to see her employed, with several other patients in the kitchen.—Her disorder was not removed, but its influence was diminished by the application of new motives, and the inducement of new habits.

I believe I am not too sanguine when I say, that for one evil arising from accidental visitation, ninety-nine will be prevented. The evils of visitation are speculative bugbears, to

which practical men have too often found it convenient to give the character of reality.

To return, from this long digression, to our subject. With a view of obtaining the easy inspections of the patients, it is desirable that the courts should, if possible, be overlooked by the day-rooms in which the attendants are generally found; that the galleries should be contiguous to the day-rooms, and that the sleeping-rooms should be situated near the gallery or day-room of the patients who occupy them. The reason is this: the attendant on a class of patients has generally the care of the bed-rooms; and, if these be not so near as to allow him, at the same time, some degree of oversight of the patients, they must either be locked up whilst he is attending to the rooms, in which case very serious accidents are likely to arise, or, left in such a manner as may endanger escape. I have known considerable evils occur from the remote situation of the night accommodation of patients; and I cannot avoid attributing, in some degree, to the proper construction of the Retreat in this respect, that order, absence of restraint, and

Relative positions of day and night rooms, galleries and courts, for the purpose of easy inspection.

rare occurrence of unpleasant accidents, so remarkable in the history of that establishment.

It was partly in reference to the subject of easy inspection, that the instructions for the Wakefield Asylum, directed that none of the day-rooms should be above the second story. The superintendents are generally, and seem properly placed on the ground floor; the distance from which to the third story, would leave patients much at the mercy of their attendants. Other important objections to the day-rooms of patients being above the second floor, will be found in a succeeding page.

It may perhaps be thought desirable, with a view to easy inspection, that all the day-rooms should be on the ground floor. Several difficulties, however, oppose such an arrangement, where so large a number of patients are to be accommodated and classed, as were expected to occupy the Wakefield Asylum. The day-rooms would extend over a considerable space, and it is doubtful, whether the inspection of them would be more easy, than if one half of the number were placed immediately above the other. Upon such a plan also, the lodg-

ing-rooms above the second floor.

Disadvantages
of all the day-
rooms being on
the ground floor.

rooms must be up stairs, which are generally under the care of the same person as is charged with the personal care of the patients, from whom he must be separated whilst attending to the bed-rooms; and the use of the passages to them, as galleries, must be lost.

No distinct rooms for all attendants.

It will be observed, the instructions for the Wakefield Asylum, did not direct the provision of distinct rooms for the attendants: where the patients are divided into moderate sized classes, the attendants should be obliged to sit in the same room with one of them. I have observed whenever this is enforced, that the day-room assumes a more home-like and comfortable appearance; classification, for obvious reasons, is better supported; altercation is prevented; and accidents, either to the patients or furniture, very rarely occur. No difficulty has been found at the Retreat in enforcing this rule.

I am aware, however, that in providing for the easy inspection of the patients, the comfort of their overseers deserves consideration.

Importance of making comfortable provision for the principal officers.

Indeed, if comfortable provision is not made for the principal officers, we may naturally expect that persons of respectable habits will

not undertake the places; and that those who do, will often absent themselves from their disagreeable posts. It is possible therefore to carry our views of easy inspection too far; and I think it would be doing so to adopt some of the panopticon plans, in which a centre room, lighted from above, and enclosed on all sides, by the apartments of patients, is appropriated to the master and mistress of the family.

4. ON THE ACCOMMODATION FOR PATIENTS BEING CHEERFUL, AND CALCULATED FOR VOLUNTARY CHANGE OF PLACE AND SCENE.

It will not be necessary to enter into any arguments to prove, that the greatest attention should be paid in the construction of Asylums, to alleviate the sad calamity for which they are provided, and lessen the unavoidable miseries of confinement.

Every intelligent observer will acknowledge, that a large proportion of lunatics derive the usual enjoyment from cheerful aspect and variety of scene; and that some are peculiarly

Many lunatics
capable of
conscious enjoyment.

susceptible of impressions from the appearance of surrounding objects.

Insanity, in many instances, is attended with a great degree of restlessness, and an anxious desire for change of scene and place. To such patients, how dreadful must be the confinement to one room, where nothing is to be seen but its walls, and the faces of its miserable inmates! To lessen the monotony, which, after every endeavour, will, it is to be feared, mark our Lunatic Hospitals, is an object which cannot be too much kept in view, in the contrivance of these buildings. With this view, the instructions for the Wakefield Asylum, directed that the patients should have three modes of change—day-rooms, galleries—and courts; that the appearance of these should be as cheerful as possible; and that they should be contiguous to, or easily communicating with each other.

Such an arrangement provides for the patient being, as far as is practicable, "the master of his own actions, and that he may have the privilege of going out, at all times that are proper, for the purposes either of

exercise in the open air, or of recreation and amusement, without any interference or control." This object, the author of the elegant Essay addressed to the committee of the Glasgow Asylum, considers, and very justly, to be of primary importance. It was partly in reference to it, that the instructions forbid any day-rooms being above the second story. The entire safety of permitting patients free access to their courts, when they have to descend one flight of stairs, is somewhat doubtful ; but when two stories are to be descended, it would be highly imprudent to allow the patients, *generally*, to go to and from their courts at pleasure. In their passage, they must be out of the attendant's sight ; altercations may arise, and lead to serious consequences ; and mischievous plans may be executed before any interference can arrive, or the attendant is even aware of the proceedings.

The cheerfulness of Asylums has, in too many instances, been sacrificed to security ; every door has been guarded by massive bolts, and the windows so placed, as to admit light, and to deny prospect. The dispositions of

Reasons for no
day-rooms bei-
ng above the
second floor.

Exercise + at-
tention to se-
curity.

some patients to break windows, is the plan for placing them indiscriminately above the level of the sight: yet, from accurate observation, it does not appear on an average, one patient in fifty is disposed to this species of mischief; and it is surely unreasonable, that forty-nine patients should be kept in gloom, to prevent one indulging this unhappy propensity.

It is however certainly proper to lessen, as much as possible, the expense attending these occasional chancions; and it is therefore to be regretted, that for the sake of exterior ornament, the panes of glass have frequently been made of such a size, that a patient may do a serious mischief in a very short time. The panes of glass in the windows of the Retreat, are eight inches by six and a half, and cost about sixpence each; under proper inspection, the patient must be dexterous to break six panes, before the hand of the attendant stops his amusement. Such circumstances, however, but rarely occur; and I am persuaded, that the degree of danger attending the windows in the patient's day-rooms being of a mo-

derate height, has been very erroneously estimated.

It was observed to me by an intelligent friend, who had witnessed a material change in the height of the windows in an old Asylum, that "the best general security against injury to windows, seemed to be to make them easy of access." This observation deserves to be considered as a maxim. The fact is—the increase of temptation is more than equivalent to the increase of facility. To break windows when they are completely within reach, is to achieve nothing. Many mischievous patients would have a stronger propensity, when some difficulty attended the enterprize.

Besides affording this temptation to the more violent patients, many of the more harmless are induced, when the windows are high, to climb up to them for that variety which is not otherwise to be obtained. I have known accidents, both to patients and their attendants, arise from this cause. If, however, the policy of so placing windows, as to afford a ready view of whatever is before them, could not have been thus established, the importance of

New security
against the
breaking of
windows.

Danger of high
windows.

variety in the cure of insanity by moral means, would, I apprehend, furnish a sufficient reason for the inconsiderable risk attending the plan.

What has now been said, relates to the windows of the day-rooms and galleries. There are, however, two common evils in regard to the windows of *Lodging-rooms*, which must not be overlooked. The first relates to the size of the windows; the second, to the manner of admitting light. It has been usual to make the windows in lodging-rooms as small as possible: though, on the outside of the building, they have appeared of a tolerable size, they have been generally boarded up, except one row of panes. This was originally the case, with many of the windows in the Retreat; but experience has proved this precaution to be generally unnecessary; and the shutters are most of them removed. A similar removal has recently taken place at the York Asylum, with evident advantage both to cleanliness and comfort. There is not the shadow of a reason for insane persons, *in general*, being subjected to the misery of gloom as well as confinement; and when it is considered how many hours pa-

tients of this description commonly spend in their bed-rooms, the absence of light must be to many, a serious privation. The general size of the windows in the Retreat is three feet, by three feet six inches; and they are placed between six and seven feet from the ground. Some of the windows are of the usual height, and it has been often wished that more of them had been so placed, that a still greater degree of discrimination might have been used, in the treatment of the patients; to the want of which, most of the evils of management may fairly be traced.

In regard to the *manner of admitting* light; iron bars and shutters, and very frequently, iron bars without shutters, have been substituted for glazed windows in the bed-rooms of the insane. The obvious consequence is, that the air, however cold, cannot be kept out of the apartment, without the entire exclusion of light. It is difficult to find any apology for this plan, since, in the houses where it has been adopted, the openings have generally been placed far above the reach of a patient; and indeed if they were not so placed, the chains

which are almost universally attached to the beds, in such apartments, would have effectually secured the safety of the windows.

Whatever lessens the prison-like appearance of these abodes, is deserving of attention; it will therefore be proper to mention, that frames of cast iron, having all the appearance of wooden ones, have been found entirely to supersede the necessity of iron grating, and of course, they remove the prison-like appearance of the other modes of precaution. With the view of making the galleries cheerful, the lodgings-rooms in the Glasgow Asylum are placed only on one side of them. On the other side are windows looking into the courts, and the gloom, generally observed in the long galleries of Asylums, where rooms are placed on both sides, and the light is admitted at the end, is thus avoided; but it must be admitted, that in providing accommodations for a large number of patients on this plan, the building will of course run to a great extent; and some sacrifice in regard to easy inspection, an object to which even cheerfulness is but secondary, must probably be made.

Cast Iron
Frames.

Cheerfulness
of Glasgow
galleries.

I have now enumerated most of those leading defects in Lunatic Asylums, against which it was the object of the Instructions for the Wakefield Asylum to provide. Several other important objects, in the construction of these places, which are noticed in the Instructions, it may be sufficient to do little more than allude to. Security from fire; the means of due ventilation, and of diffusing general warmth throughout the building; proper construction of the privies; provision of a chapel; of baths; of proper accommodation for the patients being employed in labour; and accommodation for the sick,

Enumeration
of several less
important,
but still impor-
tant objects.

The necessity of attention to most of these points is sufficiently obvious. In regard to the provision of a chapel, it will be sufficient to show that the inhabitants of a Lunatic Asylum are likely to use it. I have known one-sixth of the whole number of patients at the Retreat, present at their place of worship in the city, accompanied by their attendants. A still larger number, however, would derive satisfaction from such a practice, who cannot be prudently

or no possi-
bility of a chapel

allowed to quit the bounds of the Institution. A majority of the patients at the Retreat are frequently collected together, whilst the superintendent rends to them. Several attend who are disposed to various irregular actions, and the restraint which such impose upon themselves, is a species of moral discipline, perhaps more highly to be estimated in a curative point of view, than all the famed medicaments of ancient or modern times.

The employment of patients in Asylums.

In regard to labour, whoever considers how unfavourable to mental or physical energy, is a life of indolence; what opportunity it affords for the unhappy musings of melancholy patients, and the wild reveries of the more lively class; will not fail to consider the introduction of employment into the wards of an Asylum, as of great importance to the comfort and recovery of the patients. To what extent it may be practicable, I cannot with precision determine. Several difficulties have, it must be confessed, attended its systematic introduction among the men patients at the Retreat; but they are easily accounted for, from the peculiar circumstances of that Institution; and sufficient

has been done, to show the practicability and safety of introducing labour, to a much greater extent, in establishments more favourably circumstanced.

The number of men patients in the Retreat, seldom exceeds twenty-four; and of these, only a small proportion have been accustomed to mechanical or manufacturing employment.—Several are patients of the higher rank, who would not willingly engage in labour, and would, probably, if obliged to it, feel some degree of degradation. Of those who have been accustomed to agriculture, several are employed in the cultivation of the land. Many instances have occurred, of patients attaining, during their stay at the Retreat, much useful knowledge, or some mechanical art; and a large majority of the women are employed in sewing, knitting, or household work.

It has, as may be supposed, been found most easy to induce the patient to engage in pursuits, to which he has been previously accustomed; and it is probable, that a considerable proportion of the West-Riding pauper patients, will have been engaged in weaving: the in-

stractions therefore succeeded, that a room, large enough to accommodate twenty looms, should be provided. I have lately been informed, that in one of the large Lunatic Hospitals in Paris, regular labour has been introduced, to a great extent, with evident advantage.

The necessity of a distinct work-room for the women is not so evident, as, when properly classed, and in company of the nurses, they may with safety be engaged in sewing, &c. in their usual day-rooms. Many of the women may, with equal economy to the Institution, and benefit to themselves, be employed in assisting the servants and nurses; and, under the care of a judicious director, a great part of the out-of-doors work may be performed by the male patients.

The necessity of distinct rooms for the sick patients of each sex, need not to be insisted on to any one who has witnessed the misery of invalids, in the wards of an Asylum. In case of any infectious disorder prevailing, it would be desirable to have these rooms distinct from the main building; but the constant danger of neglect from this arrangement, would, I ap-

prehend, be an evil far greater than the want of such a provision, for the very rare occurrence of infectious disorders. A room distinct from the building and generally appropriated to other purposes, might perhaps be used on such occasions.

It is perhaps too much to hope, that all the objects mentioned in the preceding hints as desirable to be provided can be obtained in one structure. That they may be obtained however to a degree, which would probably otherwise have been thought impracticable, has been sufficiently proved by several of the plans offered for the Wakefield Asylum. In that which obtained the highest premium, all the points insisted upon in the instructions were fully attended to, and it was not its least commendations, that these objects were combined with the utmost simplicity of construction, and that it provided for the most economical system of management.

I gladly avail myself of the opportunity which the liberal permission of the ingenious artist affords me, of illustrating these hints more perfectly than I could do in description, by a

Possibility of combining all objects in one structure.

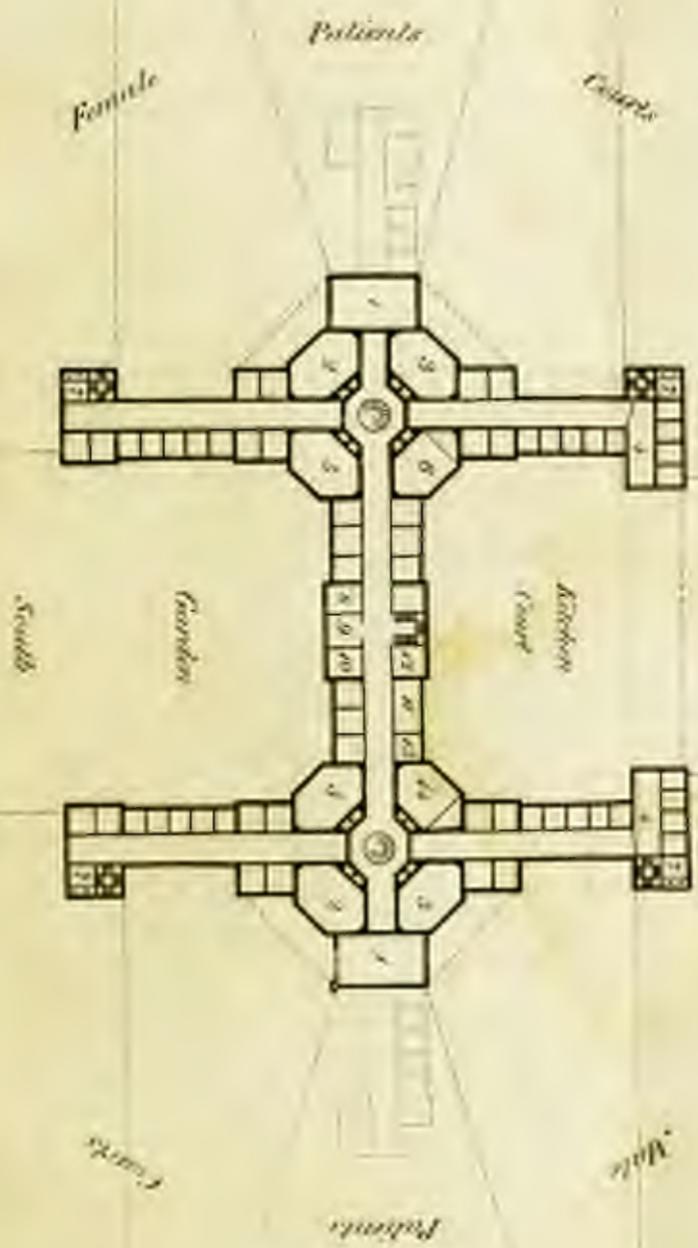
Description of the most approved plan for the Wakefield Asylum.

sketch of the ground plan of his design : he, no less than myself, will rejoice if it should be the means of leading to a still more perfect arrangement of the parts of an Asylum.

The following explanation will show the proposed use of the various parts :

- No. 1. Day rooms for first class—see p. 18.
2. Day rooms for second ditto.
3. Day rooms for third ditto.
4. Galleries and rooms for the most refractory patients.
5. Work rooms.
6. Matron's room.
7. Washing room and privies.
8. Physicians' room.
9. Lobby.
10. Waiting room.
11. Stewards' ditto.
12. Ditto office.
13. Apothecaries' shop.
14. Superintendent.
15. Hot air flues, for warming such rooms as require it.

In the upper story, the day rooms, galleries, and lodging rooms, are the same as below.—





The rooms over those occupied during the day by the superintendent and matron, are proposed to be their lodging rooms. A large room in the centre building, forms the committee room and chapel.

The kitchens and other domestic offices are in the basement, and, with a view of keeping the male and female servants as much separate as possible, it was proposed that there should be a kitchen in each wing, one for the men and the other for the women.

In considering the various wants of an Asylum, I have long inclined to think that the H or double cross form, afforded the greatest facilities to complete separation of the sexes, and to easy inspection and classification. This opinion was confirmed by the inspection of the numerous plans offered for the Wakefield Asylum.

Before concluding I am anxious to say a few words, to obviate an objection which may possibly be raised to the accommodations proposed for Pauper Asylums; that they are not compatible with that prudent economy, which ought equally to govern the administration of public and private charity; and that the attentions

proposed to be paid to the Lunatic pauper, are not analogous to those which he receives in other circumstances of distress. If the accommodations proposed could not be obtained without a material addition of expense, both in construction and management, it might be contended that the provision of variety of scene, and of comfortable attention for the insane poor, as a means of cure, is strictly analogous to the expensive medicines and diet, which are frequently furnished to the indigent objects of an infirmary. I trust, however, it will be found by the sketch which has just been described, that a strict attention to the most comfortable accommodation of the patient, is compatible with the most simple construction; as it undoubtedly is with the most economical system of management.

The difference of construction is more in the arrangement, than in the quantity of the building. In nearly all houses for the insane, each patient is provided with a distinct night room. The passages to these will provide, if properly placed, all the requisite galleries. The num-

ber of day rooms required, does not form any material addition to expense, either as regards building or management. In the building, it is only the division of a large space into three parts; and, it will readily be admitted, that a number of patients thus divided, would be more safely and easily managed, even by one person, than where they form one promiscuous multitude.

The quantity of ground proposed to be devoted to the patients, in the Wakefield Asylum, for the purpose of exercise, is the part to which, perhaps, the charge of extravagance is most likely to be attached; but, when it is considered that the Asylum is intended for the care as well as the *care* of lunatics; that the disorder is the most afflictive to which humanity is liable; and one which often reduces within the sphere of pauperism, persons of the most decent habits, and of *great*, though of *humble* respectability; I feel it will be unnecessary to enter into any defence of this part of the Instructions. Air, exercise, and variety, justly

rank amongst the most efficacious curative means of insanity*.

The internal comforts of public Institutions, are obtained at a much less expense than external ornament; and the visiting magistrates for the West-Riding Asylum, in determining to prefer internal convenience to external decoration; the comfort of the inmate, to the gratification of the passing traveller, have set an example worthy of imitation: their resolution will be no less economical as to the total expense of the structure, and its future management, than it will be ultimately beneficial to the poor inmates, for whose relief it is the object of their paternal care to provide.

* During the last three years, sixteen recent cases have been admitted into the Retreat, of which fifteen have already been discharged cured. The average annual expence for inmates during that period, in which the number of patients has generally exceeded 60, has not amounted to £14.

As the following instructions to the Architects who intended to deliver plans for the Wakefield Asylum, are frequently referred to in the preceding hints, it may be proper to insert them in this place.

The House is to be adapted to the accommodation of 150 patients—an equal number of each sex *.

There are to be twelve day rooms, which may be used also as dining rooms, for the patients and their attendants, each of which should contain from 350 to 500

* Madam, the apothecary to Bethlem Hospital, states, that "in our clinic, women are more frequently afflicted with insanity than men. Several persons who superintend private mad-houses, have assured me that the number of females brought annually, considerably exceeds that of males."

"From the year 1748 to 1798, comprising a period of 50 years, there were admitted into Bethlem Hospital 4322 women, and 4049 men."

The master of St. Luke's reported to the House of Commons some years ago, that the admission of female patients to males was as three to two. This is the proportion which has generally prevailed at the Retreat. In the Asylums at Norwich, Newcastle and Glasgow, the number of women also exceeds that of men; but in those of Manchester, Liverpool and York, the number of males appears to have been uniformly greater than that of women.

square feet (*a*). It is desirable that none of the day rooms should be above the second floor or story. Eight of the day rooms must be provided with distinct privies, so situated as to be accessible to the patients without going into the courts, and so constructed as not to be offensive to the rooms.

Eight courts at least (*b*) must be provided for the patients to take exercise in, contiguous to, or very easily communicating with the day rooms, and overlooked by them. Each court must contain not less than 600 square yards; they should have as nearly a south aspect as can be obtained, and the boundary should be so contrived, as to intercept, as little as possible, the view of the surrounding country.

There must be at least eight galleries immediately communicating with eight of the day rooms, for the patients to take exercise in, when the weather will not permit their going into the courts.

Nearly all the patients must have distinct sleeping rooms, which must generally contain about 80 square feet (*c*). The sleeping rooms for the attendants, or keepers, should contain not less than 100 feet.

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(*a*) This is calculated to allow a space of 20 square feet, 4½ feet by 5, to each patient. Perhaps as galleries are also provided, a less space might be sufficient.

(*b*) Ten are requisite.

(*c*) This is about the contents of the sleeping rooms, in most of the large establishments.

Twelve at least of the patient's lodging rooms must be so constructed as to prevent, in the greatest practicable degree, the passage of sound from them, to other parts of the building ; from which they must not be distinct.

A work room, (*d*) where from 20 to 30 patients may be employed in weaving, &c. must be provided ; also two rooms for the occasional separation of sick patients.

A committee room which may serve as a chapel ; apartments for the Governor and Matron, so placed as to afford them the easiest oversight of their respective departments ; Apothecaries' shop ; rooms for the Steward and domestic Servants ; domestic offices ; two rooms, one contiguous to the men's, the other to the women's wards, for drying beds and linen ; a laundry, brew-house, bake-house, and bath, must also be provided.—

The structure must be so designed, that it may be enlarged hereafter for the reception of an additional number of patients of each sex. The method of extending the building must be exhibited in the drawing. The number of day rooms need not be increased for an addition of 50 patients. The asylum must be designed with a strict regard to facility of inspection, both in regard of the patients and their attendants ; complete ven-



(*d*) Should the experiment of introducing labour into the Asylum not answer, the room may be occupied with beds for such patients as may safely be trusted together.

tilation, and as great a degree of cheerfulness as is compatible with the requisite degree of security.

The distribution of the buildings for the male and female patients, must be such as to obtain, as far as possible, the distinctness of two separate establishments.

All the partitions, as well as the outer walls, are to be of brick, and the whole of the building must be constructed so as to be fire proof. Provision must be made for the diffusion of heat through it, and the mode described on the plans. (e.)

Tanks for the reception of rain water must be provided, and the manner of supplying the different parts of the house, with both rain and spring water, be pointed out.

The plans required are ; a general plan of the ground and the scite of the building. A plan of each story drawn to the scale of 10 feet to $\frac{3}{4}$ ths of an inch. Geometrical elevation sufficient to exhibit the general appearance of the buildings to the same scale. Section,



(e) The mode of warming rooms by hot air or steam, has been introduced into several Asylums. In that at Glasgow, I am informed every passage and apartment is thus warmed. The comfort of those patients who require close confinement, will be materially increased by this plan, and all danger from fire in the day rooms will be avoided. There does not however appear to be sufficient reason for warming the lodging rooms of patients generally, and it is desirable to retain the cheerful appearance of a fire, in the day rooms of convalescent patients.

shewing the general construction of the roof, floors, &c to double the above scale. Architects are at liberty to send drawings, to any scale they may think proper, explanatory of the detail of any parts of the building.

The preceding "HINTS" were put to Press, before the writer received a Copy of the Minutes of Evidence taken before the Select Committee of the House of Commons, for the regulation of Mad-Houses; he would, otherwise, gladly have availed himself of many eminent authorities in support of some of his opinions; and he takes this mode of recommending the perusal of those Minutes to all who are interested in the construction of Asylums, or the management of the Insane.

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